

# 1 STAY INFORMED

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## Important!

A BATTERY RADIO, A FLASHLIGHT  
AND EXTRA FRESH BATTERIES

If power is out - the radio may be your ONLY  
link to information

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## KNOW

### ● WHAT'S COMING

Keep watching and listening to weather and news

### ● EMERGENCY OR EVACUATION PLANS

**YOUR PERSONAL PLAN SHOULD INCLUDE:**

- Home health or other care providers.
- Building management
- Emergency Evacuation Plans

*Be sure to get this information at least once a year*

(SEE SECTION 3: KEEP A KIT)

### ● YOUR PERSONAL EMERGENCY SUPPORT TEAM

Talk with family and friends: find out who **will help**

- Friends and Neighbors
- Local Community Contacts
- Church groups

Leave an extra house key with a trusted friend or relative

## EMERGENCY ESSENTIALS CHECKLIST

### SAFE AT HOME

- ☐ Water  
Three gallons for each person  
(one gallon a day)
- ☐ Food  
non perishable / no cooking  
for three days
- ☐ Medications  
keep at least a three day supply at  
all times
- ☐ First Aid Kit
- ☐ Whistle
- ☐ Flashlight / batteries
- ☐ Radio / batteries
- ☐ Blankets and warm clothing
- ☐ Medical supplies/equipment
- ☐ A land line phone that does not  
need batteries or charging.  
(not wireless or cordless)
- ☐ Manual can opener
- ☐ Markers and tape in case you  
need to make a help sign

### EVACUATION ESSENTIALS

- ☐ Wallet/Identification
- ☐ Flashlight / Batteries
- ☐ Radio / batteries
- ☐ Credit/debit cards
- ☐ Cash/checkbook
- ☐ Blanket
- ☐ Towel/wash cloth
- ☐ Moist towelettes
- ☐ Hand sanitizer
- ☐ Plastic garbage bags
- ☐ Toilet paper
- ☐ Soap
- ☐ Toothpaste/denture cleaner
- ☐ Denture supplies
- ☐ Eyeglasses
- ☐ Hearing Aid / batteries
- ☐ Medications for 1 week
- ☐ Prescription Copies
- ☐ Assistive Devices
- ☐ Documents
- ☐ Pet Needs

# 3 KEEP A KIT

## ESSENTIAL SUPPLIES

### FOR THREE DAYS

#### Water

1 person: three gallons

#### First Aid Kit

Buy or make your own

#### Food

Three day supply  
Non perishable  
(instant or no cooking needed)  
Manual can opener

#### Whistle

To signal for help  
if you are trapped  
or unable to get out

#### Medications

One week supply if possible. Have copies of all prescriptions and dosage instructions. If you have other medical needs write them down and keep them in your kits.

#### Flashlight and fresh batteries

#### Battery Radio and fresh batteries

## PERSONAL COMFORT AND HYGIENE

Blanket or sleeping bag  
Towel/wash cloth  
Moist towelettes/hand sanitizer  
Plastic garbage bags/duct tape/ties  
Toilet paper  
Soap  
Toothpaste/denture cleaner

Denture supplies  
Eyeglasses  
Hearing Aid and extra batteries  
Medications for ONE WEEK  
Assistive Devices, wheelchair,  
walker, cane, etc.  
Portable oxygen

## DOCUMENTS

Put copies of all essential documents in a plastic zip bag

Medicare/insurance information  
Support team contact information  
Bank information  
Social Security Information  
Power of attorney  
Will/Deeds

Copies of all Prescriptions  
Health instructions  
•Medical history  
•Allergies  
•Other information  
Emergency Information Card

## SAFETY INFORMATION

### Family, Friends and Neighbors, Church

Name/Location

Phone


### Service Providers/Residential Management

Name/Location

Phone


### Emergency Response Contacts

Name/Location

Phone

City/Town/village	
Police	
Fire	
Health Department	
Social Service Information (non medical)	<b>Dial 211</b>

# 2 HAVE A PLAN: Be ready for ANYTHING

## TO BE SAFE AT HOME

Listen to news and weather reports.

Use common sense.

Stay home if it is too dangerous to leave.

Remain Calm

## PLAN

### FOR SHELTERING SAFELY AT HOME

- Keep three days of food, water and medications on hand
- Check freshness on food and supplies and change as needed
- Change stored water every three months

## KNOW

### THE SITUATION

- Listen to the news. If the power is out use the battery radio.
- Cooperate with emergency responders in your community.

## CONTACT

### YOUR SUPPORT TEAM

- Let people know where you are.
- Have them call you to check up on you.



## REMEMBER

### DIFFERENT TYPES OF DISASTERS

- Never leave during an emergency unless you have help.
- If power goes out stay as warm or as cool as possible depending on the season.
- Use the phone to call for assistance until you contact someone.
- If the phone is not working put a HELP sign in a window to alert people that you need help.

## IN CASE YOU HAVE TO LEAVE YOUR HOME

Keep your essentials in one place.

Store your eyeglasses, hearing aid and other important items in a bag near your bed.

## PLAN

### FOR MOVING OUT

- Decide in advance where you might go.

## KNOW

### YOUR OPTIONS

- Check and update your evacuation kit supplies regularly.
- Be aware of how to get transportation you might need.

## CONTACT

### YOUR SUPPORT TEAM (friends, family, neighbors, church)

- Let people know where you are going.

## REMEMBER

### IMPORTANT DOCUMENTS AND PERSONAL ITEMS.

- wallet/cash/atm cards
- bank account information
- identification-passport, birth certificate, etc.
- insurance cards
- copies of prescriptions
- medications
- address book
- cell phone and charger
- spiritual book
- personal kit

# FILL OUT THE EMERGENCY INFORMATION CARD

INCLUDED WITH THIS BOOKLET.  
KEEP IT WITH YOUR KITS.

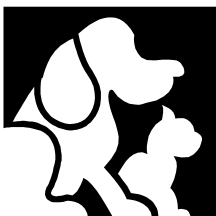
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## In a disaster CELL PHONES AND CORDLESS PHONES MAY NOT WORK

Use a land line phone  
with a phone cord that can be plugged directly into a phone jack.

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## PLAN FOR YOUR PETS



Pack a kit for your pet(s) too! Include:

A current photo of you with your pets

Collar with ID tags  
Leash  
Medications  
Food/water/bowls  
Litter and litter pan

Pet carrier  
Blanket/pet bed  
Toys  
Veterinary information

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More information at:

Ready Wisconsin  
[www.ready.wi.gov](http://www.ready.wi.gov)

Citizens & Organizations  
Active in Disaster  
of Southeastern Wisconsin  
[www.coadwi.org](http://www.coadwi.org)

Red Cross  
in Southeastern Wisconsin  
[www.redcrossinsewis.org](http://www.redcrossinsewis.org)

Milwaukee County  
Department on Aging  
[www.milwaukee.gov/county/aging](http://www.milwaukee.gov/county/aging)

## A Senior Safety Reminder from



**MCDA** and



**American  
Red Cross**  
in Southeastern Wisconsin

Milwaukee County  
Department on Aging

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**ANYTHING  
can happen!**

**FLOOD**

**TORNADO**

**BLIZZARD**

**FIRE**

**TOXIC SPILL**

**STORM**

**ARE  
YOU  
Prepared?**

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**IT'S AS EASY AS:**

**1** STAY INFORMED  
**2** HAVE A PLAN  
**3** KEEP A KIT

Milwaukee County Department on Aging and the American Red Cross  
of Southeastern Wisconsin offer this information as suggestions for your safety.